

Community Nutrition Map

The map is designed as a set of concentric circles. The center circle is “Home”, the next ring out is “Work/Business”, then “Neighborhoods”, and the outer ring is “Community Planning and Policy”. For each circle, participants are asked to DESCRIBE factual aspects and social/relational aspects.

Nutrition Map Introduction

The steering committee has two goals this evening. One is to develop a snapshot of the existing physical environment in your community and how that environment either contributes to or detracts from individuals’ ability to access and consume nutritious foods. The steering committee also wants to know about other factors that interfere with or promote use of these resources. This will be an informal discussion. _____ will record your comments. We anticipate that this conversation will take no more than 90 minutes.



For Homes	
Physical Environment	Social Environment Descriptions
What types of housing are available?	Do people have skills and needed resources to provide healthy meals at home?
Do people have home gardens?	Are there resources for helping people who are unable to shop or cook?
	Are there food traditions/ethnicity considerations?

For Work/Businesses	
Physical Environment	Social Environment Descriptions
Identify major employers in the community	Are lunch/dinner breaks enforced at work? Do employees take breaks?

continued

For Work/Businesses (<i>continued</i>)	
Physical Environment	Social Environment Descriptions
Are there any businesses in your community that are large enough that they would provide food service for employees? Do they offer healthy food options?	Where do workers eat? Go home or bring lunch and eat at desk, break room or cafeteria?
Are there vending machines that offer healthy food options?	Do employers use strategies to improve healthy food choices (healthy foods for celebrations; healthy food incentives)
Are there kitchen areas to warm up and refrigerate foods?	Are eating areas adequate and support appropriate food sanitation?
Are there lactation rooms available for nursing mothers?	Are there worksite wellness programs?

For Neighborhoods	
Physical Environment	Social Environment Descriptions
Are there grocery stores in the community with fresh produce?	Does the neighborhood feel safe to walk to grocer stores or convenience stores?
Are locally grown produce available in grocery stores? Restaurants?	Are there growers in the area that have the capacity to provide locally grown food?
Are there convenience stores in the community with fresh produce? Other healthy food options? What is the ratio of unhealthy foods to healthy food?	Is it difficult to get to a store to buy food? Is transportation a factor?
Are there farmer's markets or roadside stands with fresh produce?	Do people go out of town to buy groceries? Why and how far do they go?
Are frequently used stores/restaurants within walking distance?	Are farmer's markets offered at convenient times? Convenient locations?
Are sidewalks accessible in neighborhoods and in good repair? In commercial areas?	Are healthy foods promoted?

continued

For Community Planning and Policy	
Physical Environment	Social Environment Descriptions
Are there restaurants with healthy food options? Do they have children's menus with healthy food options?	Is there leadership involved in determining food sources (restaurant, grocery, convenience) in the community?
Are there community centers or senior centers that offer meals?	Are elected officials aware of food access and affordability problems in the community?
Are Meals on Wheels available in the community?	Are there adequate resources in the community to meet food needs of people?
Is WIC available in the community? If not, how far would you have to travel?	Do government food programs like Food Stamps and WIC work together with churches and nonprofit organizations to coordinate efforts to meet food needs of people?
Are there food pantries?	Do local farmers, food manufacturers and distributors donate foods through food banks, food pantries, and other groups in the community?
Are there community-sponsored meals (church free meals, school fund raisers? How often?	Do group meal sites and food pantries have an active and large number of volunteers?
Are there community gardens?	Are there active groups that are working at solving food problems for community members?
<u>Schools</u> List schools and enrollments	Is there active community involvement in developing and implementing the school wellness policy?
Do people know that school wellness policies exist and what is in the policy?	Do schools in the district have policies that guide vending, a la cart, school stores, fund raising and/or celebrations?
Are there healthy options available in vending machines, ala cart and/or school stores?	Are there growers in the area that have the capacity to provide produce to the schools?

continued

Physical Environment	Social Environment Descriptions
<u>Schools (continued)</u> Is locally grown food included in the school meal program?	
Are there healthy food options in fundraising efforts (concessions, catalog)?	
Are there healthy breakfast and snack options in before and after school programs?	

